

—DISCUSSION OF LEVELS

—BENEFITS OF WALKING

—PURPOSE AND LIMITATION OF GUIDES

INTRODUCTION: This is Robert Monroe with another Explorer Tape taken from our recording files of experimentation. For this session we will return to SHE and visit with Miranon for questions and answers. As you will note, the Miranon in these sessions is much more at ease, more able to communicate. The reason is, he is more familiar with the methods used, which evidently were as much unfamiliar to him as they were to us. Here's how the session started...

MONROE: Is there any activity that you would like to perform?

EXPLORER (SHE): There is one thing...

MONROE: Go ahead and perform whatever you wish and then report.

Miranon enters SHE's body.

MIRANON: I appreciate your patience.

MONROE: How are you this afternoon?

MIRANON: I am very well... you have been playing this afternoon...

MONROE: Yes, we have been playing... It is a pleasure to talk to you again, in this passage that we call *time*....

MIRANON: It has no bearing here... What would you like to talk about today?

MONROE: First of all, do you have any information (*inaud.*)

MIRANON: There are several things that I would like to share with you. I have taken as much of what you call *time* in coming here, because I needed to be sure that Leona was in a good place, and I have taken her to a place where she is in contact with another being. She will rest there. It is important for her at this point in time not to enter spaces very deep.

MONROE: Such as?

MIRANON: She should not work with this material at home. She is... it is very difficult to find the right words... I find in her head: «a willful young lady»...

MONROE: Yes, I see...

MIRANON: She should also begin trying to be in touch more with the messages that are coming to her each day. She misses many of my attempts to contact her...

MONROE: How can she do this? How can we help her?

MIRANON: I can have better contact with her when she is outside, and when she relaxes and becomes in touch with what is happening right then around her.

MONROE: We will inform her of this.

MIRANON: You have been making many positive decisions...

MONROE: I'm trying to be more decisive.

MIRANON: Are you using your *intuition*?

MONROE: As much as I can find it... Are there any recommendations on how I can improve my intuitive findings?

MIRANON: It is important for you to take time to allow the pulse to flow through you. You have the ability to work without the use of the tapes. You should work in the relaxed state as much as you can. There, you will find your intuition flowing to you more freely.

MONROE: Have you any perspective in my decision-making as to regards this new project we are into, in the care of individuals undergoing physical surgical operations? We would like your opinion on this...

MIRANON: You have set up a procedure that should prove fairly effective. It will show good results. You have been given instruction on some musical techniques that also have healing capacities. If you have the time you should incorporate these in your tapes. Whenever a person is undergoing anesthesia or going into a state where they will be... When a person is under anesthetics they are in what you call an *out-of-body state*, and they should at that point be reflecting on the colours green and blue. This may be useful to you in your preparation of the tapes. I don't know if you will be able to use this or not, but you have been given other information also.

MONROE: Yes, we will use that very much.

MIRANON: Your design and your administration of it should flow very well. You have some fine people working with you.

MONROE: How can I hold my own energy level back?

MIRANON: One of the things that I have begun to appreciate, from my perspective, is the importance and value that a physical body has in holding together much energy. It has the capacity for far more energy than most of you utilize. But one of the best ways to increase the energy in your body is to walk. And as you are walking, to watch the way the body moves, to watch the way the breath flows, and to concentrate—not force—but to concentrate on all of the things that are happening to your body. This enables the energy to be centered where it needs to be centered.

A body is its own best physician. In fact, one of the things you might include in your recuperative tape would be to have the person image walking and being aware of their feet touching the Earth, their hands moving gently at their sides, and their breath coming in, in regular, comfortable intervals. This will then enable the energies to flow to all the centers of your body as it is needed. Is that clear?

MONROE: It is clear; the question is: is there some technology involved that we are not aware of?

MIRANON: Man has about him a body that is not visible to your human eyes. Some people can see it, but it is not normally visible. The nature of this body that is around Man—Leona knows it as the *etheric body*; it has another term in

our language, but that will communicate it clearly to her. This *etheric body*, in its natural state, is upright, with the energy flowing in an even, patterned direction through it. The energy is evenly distributed. Remember the seven levels that I told you about?

MONROE: Yes...

MIRANON: These seven levels correspond also to seven centers within the body. And these seven centers all have an energy flow that radiates out. When a being is in perfect health, the energy from all seven of these centers flow evenly and harmoniously throughout the body. When the body is ill, the energy is not flowing evenly throughout the seven centers, and therefore the person suffers some physical symptom.

In walking, the *etheric body* is cared for. Its natural state is upright and flowing, and moving. When Man walks with his spine upright he is giving energy to the *etheric body*. He is allowing the harmony that should be in all seven centers to flow. And by being aware of his body he automatically subconsciously knows the areas that should be corrected for his own health. As you watch when you are walking you will begin to be aware of what areas of your body are not in harmony. I think if you try this you will see for yourself what I am talking about.

MONROE: We certainly will try.

MIRANON: And then the energy flow will come into harmony.

MONROE: So that we can be sure we are verifying, could you give us the location in the physical body of these seven energy points?

MIRANON: These energy points are based in the trunk of Man, not in the limbs. They are based along the spine primarily, or focused along a general line along the spine. They are also referred to as *chakras* by some of your philosophies. But they are definitely seven energy centers.

MONROE: Are they located generally where our philosophies indicate they are located?

MIRANON: Yes, the ancient philosophies. The people then were very much in touch with spiritual beings and with their own physical bodies. There is much to be gained in the understanding of this. The energy systems do flow in specific patterns.

The groups that you have that practice acupuncture are aware not only of the seven centers, but also how the energy radiates from one center to another, and how to bring it into harmony. However, it is not necessary to do the acupuncture. All that is necessary is to give the *etheric body* its own chance to bring everything into harmony, and this is best done in walking. Before your culture had cars, people were in better health because they walked each day. Now, your society is in a state of disease because of the time spent in sitting rather than walking.

MONROE: We will have, then, to systematically walk. I assume, then, that this should be done outside rather than inside a house...

MIRANON: Yes. The energy from the cosmos, from the universe, can flow into your *etheric body* when it is outside. It can also reach you when you are inside, but not as easily and

not as directly. It is also better, if at all possible, to walk barefoot rather than with shoes, to allow the energy from the Earth to mingle with that of your *etheric body*.

Children are naturally aware of this. Watch them. They naturally take off their shoes when they are outside. And they naturally walk and play and run, with more awareness of what's happening to their body than adults.

MONROE: We will certainly observe this and certainly put it into effect, and then I'm sure that you will observe us doing it... at least, smile at what we are doing...

MIRANON: Yes, I enjoy watching all of the progress that you are making...

MONROE: One other thing —which is a mild word to say— that has aroused our curiosity, is the geological changes that we discussed. In your perspective, do those still follow, as you have indicated?

MIRANON: From what I can perceive it seems to me that time perspective is accurate. It is difficult from this level to be entirely accurate on time. The appearance of all these geological changes seem to be an erasing of the lives of many people... You have an accurate perception that the people who will be left will form a genetically stronger evolution for Man, but it is not that the people left will be the necessary genetic links. Many of the people who will leave your Earth plane at that point will be very highly evolved spirits who need to come back and be born during this traumatic period of time. They will provide very deep insights for your culture at very young ages, and some of

these geological upheavals will give them the opportunity to come back in wisdom far beyond what their physical years will indicate... That may not seem as clear to you as it does to me...

MONROE: We digest it, more and more...

COMMENT: *That was the major part of the session, and it did bring out some interesting perspectives. In a later meeting, this is what took place...*

MONROE: Good afternoon, friend. Thank you for coming.

MIRANON: You're welcome. How are you today?

MONROE: I'm much better today. I had discomfort earlier in the last short period, which I could not understand. I was going to ask you if you did...

MIRANON: It is a discomfort I sense is also coming for Leona. And I needed to be sure that she was comfortable before I came. When we are changing levels there are changes that must occur—not only in the *etheric body*, but in the physical body—and these changes bring about much difficulty for the physical body that is undergoing it, and for the mind that has to experience it. There is almost a sense of death, because there is a part that has to die. But there also comes with it a sense of new growth; and it is a form of energy that must be incorporated into the lifestyle of each person. It brings potentials for much growth very quickly, but it also brings with it responsibility.

As I said earlier, you are essentially in two levels at the same time. And you are now beginning to make the transfer to the higher levels, into Level 20 and Level 21, rather than in the crossover of those two levels.

MONROE: I see. It was something I had not consciously encountered before. Great sense of sadness...

MIRANON: For any growth to occur there must be a change. I am sure that in your mind you understand that the physical death is only one of many deaths that you go through in your lifetime.

MONROE: Yes.

MIRANON: And you are essentially going through a death, right now...

MONROE: What does one expect entering this new level?

MIRANON: It will be a level of which there will be a greater understanding of all of the levels. You will be, if you remember the chart, in the level of the circle which can cross from any level. It touches on all seven levels. It also touches on the levels with the animals. You must be very careful in this level... Are you with me?

MONROE: Yes indeed, very much...

MIRANON: And when you enter this level, you must remember that it is important to experience the full circle —to understand the energy within the full circle, before you go off on various points. Otherwise it will be very difficult

to harmonize the energy. It is also important for me at this time to share with you how your soul force vibrates in me, to give you what is for me the vibration by which I know you.

The walking has been very good. And you are correct, it must be walking without purpose. There are also two times of the day in which the walking is of most benefit. And that is early in the morning as the dawn is breaking—not necessarily as the sun is rising, but in that period of gray light—and at the same time in the evening. At these transition points the circle is touching the spiritual realm. Remember that the circle touches Levels 22 through 28 at the top, and Levels 8 through 14 at the bottom.

In the dawn, at the rising of the sun, the circle is touching the spiritual realm, and at the setting of the sun it is touching the realm of the animals. Both forces have much energy and can bring much harmony into the lives of Man. And the walking at those times allows the *etheric body* to draw that energy into it... It is not good to walk in the middle of the day.

MONROE: This perhaps explains my need to be up at dawn...

MIRANON: Yes, that is very natural and very wise.

MONROE: Any other factors, then, that we should consider?

MIRANON: When you are also walking, it is important to keep your mind as free of concerns and worries as possible. For example, rather than seeking answers as you walk, allow the mind to become empty. Or at least fill it with something

that has no concern or worry with it. One can meditate simply on the word *one*, for in the circle, and in the series of circles, we are all *one*. There is no separation.

MONROE: I see...

MIRANON: The other thing I would like to talk with you about is the importance of getting all of my messages to Leona. She does not have a clear idea of what it is I have been saying. And there are several factors that are entering in. One of the reasons she is experiencing discomfort is that there is, for each unfolding consciousness, what is known as a *state of innocence*. This *state of innocence* means that, so long as the message has not been given there is no responsibility. But, once the message has been given, there is ultimate responsibility for not using it.

MONROE: I have not been living up to my responsibilities. I will do my best to get this to her in one form or another.

MIRANON: You have been very busy, too. But it should become a priority for someone to work on this.

MONROE: We certainly will see to it. Is there any other information or messages that you feel are important for us at this point? And I didn't know also whether I had interrupted you when you said you had some patterns that you wished to share with us. One was about the recognition of vibrations of me or of Leona. I believe I interrupted you.

MIRANON: When the awareness of the vibrations comes it is important to withdraw from activity. It is like a new friend. When a new friend comes, you take time to greet him,

to get to know him. So when the awareness enters your mind that there is a different energy in you, treat it as the arrival of a friend, for once you understand and become in harmony with this energy, you will understand more clearly and will not need me to get the answers you seek, for they are there for you.

You are about to enter the highest levels that can be entered in physical form. That does not mean that you will have attained the highest evolvment you can attain, but you will have the potentials to do so if you utilize that energy. But if you ignore that energy and do not become friends with it, it will become as your enemy and it will bring you physical illness. And the same is true for Leona. This is why I feel it is important for her to take time each day to be alone. She is not only about to enter a new level, but, as I told you before, once you go from Level 4 it is not a crossing into one level, but a crossing into two levels, because they are intertwined. And the energy there is very different and must be harmonized within the body. I am also about to make a step in levels. And so for all of us it is a time of death and it is a time of birth.

MONROE: Are the recommendations that you have given us necessary to help assimilate this new energy?

MIRANON: That is correct.

MONROE: We certainly will put them to work and to use.

MIRANON: I must leave you now. Leona's energy today is not very high. Did you have a final question?

MONROE: No, if her energy is low, let us not keep her away too long. I just appreciate so much your coming.

MIRANON: It is always a pleasure to talk with you.

MONROE: It is a very warm part of my existence here. And we will talk again, soon.

MIRANON: I bid you goodday, Ashaneen...

MONROE: Goodnight, Ashaneen...

COMMENT: *And that was the end of the session with SHE and Miranon. The following one was equally interesting. Here it is...*

MIRANON: How are you doing?

MONROE: Very good. Thank you for coming.

MIRANON: It was difficult today.

MONROE: Is there any particular reason?

MIRANON: There was a discomfort on Leona's part. She needs to become more comfortable with this change that she is experiencing. And when she entered Level 12 it was becoming very clear to her that it was different than it has been. There was some fear on her part, and it is more difficult for me to come when there is fear of any kind.

MONROE: Is there anything that we can do to ease that fear?

MIRANON: As she becomes accustomed to this vibrational change it will ease. There is a message that you should give her about this light that she sees. It is the level change that she is going through, and it is important for her to begin to see it in the dimensional level that it's in. Prior to this it has been more of a beam of light. Now that she is changing levels it is becoming a sphere of light. And this is more difficult for her conscious to handle.

MONROE: We certainly will remind her of that.

MIRANON: I am very pleased with the work you have been doing... You had some questions for me; and I have some interest in answering your questions on the levels.

MONROE: Thank you. If you are aware of the questions before, then I do not need to pose them to you.... but I will restate them... First of all, what happens below Level 1? Are there other levels or is that the basic level?

MIRANON: There are many thousands of levels. I chose to work with you from Levels 1 to 49 to give you an understanding of the number 7. But the number 7 goes to infinity in either direction. I could have easily called these «other levels». Below Level 1 there are levels that do not come into physical manifestation on your Earth plane. They are on other planes of existence.

MONROE: I see. Then, they are not necessarily available to us?

MIRANON: The progress of the cosmos is always forward. You would therefore have very little need for contact with those

levels below you. Within the circle of 49, there is a transmutational contact than can be made. But once you progress to a circle above the circle in which you are working there is no longer need to have contact with that lower circle. It can only pull you back in your evolution, and would not be a wise thing to do. You have gone through that and you are now into this circle which is where your need to do your work.

MONROE: I understand.

MIRANON: The difficulty in explaining this comes with trying to put into space and into time that which is neither spatial or having time. But it is possible to give some explanation... You were wondering about the spaces on either side, and the spaces out in all directions around the level that you are on. Is that correct?

MONROE: Yes.

MIRANON: It is like... I must find the words... your form of existence is but a small vibration in that of the entire cosmos, and yet, it is very important because you have the ability to transcend all levels. Many other forms of existence do not have this ability; but your form of consciousness does.

Your form of consciousness and mine are also the same. Therefore, we are insignificantly small and infinitely great. To either side of the level that you are on, are beings who have either just made the transition from physical life into death or beings who are about to incarnate. They are there, feeling the vibrations from you, so that they may make their transition, either on into the higher levels after death, or into that particular level as they come into life. But even *life*

and *death* are not valid terms, because there is only *life*
Or there is only *death*, depending on how you choose to look
at it.

MONROE: I see... One of the things, in reviewing, that we did
not get and in which we are very much interested, is the
mathematical formulas for these seven levels. In one of our
regular meetings you indicated that these were available to
us, and I wondered if you had them.

MIRANON: I have given you these formulas. I must explain to
you several of the difficulties. On the level that I am on,
thought is of a different form than the kind of thought with
which you operate. It is, again, difficult to put into words.
Your brain, that with which you think that you think, is more
like an eye. It is like a computer that has the ability to
organize and materialize concepts. When you are in the spiri-
tual planes, it is different. The thought-forms are not com-
puterized. They are visualized and patternized.

MONROE: I understand the difficulty, then.

MIRANON: If you need the formulas I can try to get them for
you. But I also know that they are available to you.

MONROE: I did not realize that we had received these form-
ulas in forms that we could perceive. If they are available
to us, again, I would like to then try to take visual notes
at the same time.

MIRANON: I do not understand what you are saying.

MONROE: You have given these to us, then?

MIRANON: Yes, I have.

MONROE: In reviewing, I did not find them, and evidently we lost our recording of them, or my notes on them, and this is why I seem to have a memory block as to how we got them.

MIRANON: I am certain that you have had them, but I will bring them to you again.

MONROE: Very good, I appreciate it.

MIRANON: There is one other thing I would like to share with you on this spatial relationship that occurs with the circle of sevens and the blocks of seven...

MONROE: Yes...

MIRANON: Leona has had a great deal of interest in observing a feeling that occurs when she is in certain states. And this again is the level change that is occurring. They are each undergoing a level shift. But also what is happening is that they are being observed.

MONROE: We are happy to know that.

MIRANON: Leona is in a transition period and is also being observed by a group of beings. It is important for her to remember her affirmation each time she goes into a different space. There is neither good nor evil in the universe; but there are higher and lower vibrations. And in a transition state, beings of a lower energy often try to penetrate. Therefore, affirmations are very important to keep these beings from being able to penetrate.

MONROE: You are aware of the affirmation that we generally employ*. Is this suitable?

MIRANON: Yes. It is especially important to deny the ability of any being of lower intelligence to have any effect upon the experience that the person is undergoing. And that should be stressed more in the affirmation. It is there, but I am not sure it is understood in its importance by everyone who works with it.

MONROE: Thank you. We will stress that more. Did you have another message for us? or information that you feel is instructive for us at this moment?

**I am more than my physical body.
Because I am more than physical matter
I can perceive that which is greater than the physical world.
Therefore, I deeply desire
To expand, to experience, to know, to understand, to control,
To use
Such greater energies and energy systems
As may be beneficial and constructive
To me and to those who follow me.
Also, I deeply desire
The help and cooperation, the assistance, the understanding
Of those individuals
Whose wisdom, development and experience
Are equal or greater than my own.
I ask their guidance and protection from any influence
Or source that might provide me with less than my stated desires.*

MONROE: We will follow this. I understand its importance.

MIRANON: Leona must also be very careful about the food that she eats. She is aware of what is affecting her body in positive and negative ways. It is not so much the kind of food that one eats that is important, but the manner in which it is prepared and in which it is taken into the body. Food should always be eaten consciously. And this is one of the reasons why smoking is very bad for you: because most of it is done unconsciously.

One of the ways to begin to withdraw from smoking would perhaps be to force yourself to become conscious, completely conscious, as you smoke. In doing that, I don't think you would smoke as much, and it would be much easier to release it because the body does give continual signals. And if you are conscious, you can become aware of that... I did not mean to lecture you today...

MONROE: (*chuckling*) We need the lecture... we sure do need it...

END OF RECORDING

MIRANON: You have given to Leona the instructions that I have for her. She is beginning to be aware of the importance of her need to change parts of her lifestyle. I cannot change for her, but she is experiencing some physical symptoms that make her aware of the need to change her lifestyle.

MONROE: What portions of her lifestyle does she need to change?

MIRANON: She must be willing to forgo the cigarettes. You must also very soon in your change release that. It is very difficult, if not impossible, to make the transition to the level of the circle and maintain a steady vibrational level in which smoking will put you. It does lower your vibrational level.

MONROE: Have you any recommendations as to the best way one can release oneself from such habituations?

MIRANON: Within the light there is all of the patterns that are needed to begin to release it. In your walk and the deep breaths, the work when you are alone, a work of meditating on the light or of thinking on the light... you will begin to lose the desire to smoke cigarettes. But it cannot be done without work.

MONROE: Should it be an instantaneous dehabitation or a gradual one?

MIRANON: It is like the release of any tension. There must be a balance. When the desire is strong enough to release it, it will fall away without much discomfort. But until there is the will to release it, any attempt at withdrawal will be very difficult.